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Recipe number eighty-eight

A wonderful braised dish that tastes at least as good when reheated!

Spezzatino con melecotogne e spezie Diced meat with spices and quinces

Ingredients for 1 kg of meat (4 to 6 portions)

1 kg meat, cut
into cubes

beef or wild boar

First of all prepare the spice
mixture:

black pepper

cinnamon

turmeric, coriander

piment d'Espelette, nutmeg,

cumin, cardamom,

peperoncino and ground cloves

*From pepper to ground cloves the total
quantity should come to 5 teaspoons.*

To finish the mixture, add

very finely chopped

freshly grated ginger

crushed

only the grated zest

chopped

whole

soaked in 1 tbsp of hot water

(use this as well)

meat

Preheat the oven to 160 degrees.

salt and pepper it and brown it in a roaster
with olive oil. Then set the meat
aside.

Add to the same roaster:

peeled and finely chopped, with
sweat briefly.

Then add the spice mixture
and cook everything for two minutes.

Then add:

the juice only
and last of all the browned meat.

Cover and leave to stew in the oven for 2 hours.
After one hour of cooking, lower the temperature
to 140 degrees. Add a little water if necessary.

After these two hours put the roaster on
the hob. Remove the lid and add
sliced quinces. Let it simmer for about
30 minutes, until the sauce has the
consistency you want.

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VERONICA'S TIP

If you do not have all the spices in stock,
simply take what you have. If you have
several kinds of pepper, so much the better.
If there are no quinces in the freezer,
use fresh, sour apple slices instead.

Polenta or couscous goes well
as a side dish.

200 g